

Sweet Potato Wedges

Cook Time: 40 minutes

Sweet potatoes seasoned with cinnamon and sugar, then roasted. Flavorful side dish served for breakfast or lunch.

Serving Size: ½ cup

Crediting Information: ½ cup total vegetable and ½ cup red/orange vegetable

Source: Loudoun County Public Schools




Chef Tip:

- Serve four small wedges or three large wedges.
- Optional: Sprinkle with thyme for a savory twist.

Notes

- ES & MS: Serve directly onto lunch tray. Four small wedges or three large wedges.
- HS: Serve on trays or in paper boats. Four small wedges or three large wedges.

Ingredient	44 Servings Weight	44 Servings Measure	110 Servings Weight	110 Servings Measure
Sweet Potatoes 	10 lb		25 lb	
Cooking Oil		¼ cup		1 ¼ cup
Sugar, granulated		¼ cup		1 ¼ cup
Cinnamon, ground		1 tsp		5 tsp
Non-stick cooking spray				

Nutrition Information

Serving Size: ½ cup

Nutrients	Amount
Calories	120
Total Fat	2.53 g
Saturated Fat	0.38 g
Cholesterol	0.00 mg
Sodium	53.73 mg
Total Carbohydrate	23.13 g
Dietary Fiber	3.16 g
Total Sugars	6.60 g*
Added Sugars Included	2.27 g
Protein	1.62 g
Vitamin D	N/A
Calcium	32.13 mg
Iron	0.64 mg
Potassium	N/A


N/A = Data not available

*denotes combined nutrient totals with either missing or incomplete nutrient data

Marketing Guide

Food as Purchased for	44 Servings	110 Servings
Sweet potatoes, whole	10 lb	25 lb

Directions

1. Wash your hands.
2. Pre-heat convection oven to 350°F 15 minutes prior to use.
3. Wash the sweet potatoes, scrubbing with a vegetable brush under cool running water. Drain in colander.
4. Cut sweet potatoes in half and then into quarter wedges
5. Place sweet potato wedges in large bowl. Using gloved hands, mix in oil.
6. In a small bowl, mix granulated sugar with ground cinnamon.
7. Sprinkle sugar and cinnamon over potato wedges. Using gloved hands, mix until potato wedges are evenly coated.
8. Spray five sheet pans with non-stick spray.
9. Place sweet potato wedges in a single layer on sheet pans.
10. Bake in convection oven for approximately 40 minutes until fork tender and lightly browned.
 - CCP: Heat to 145°F for at least 15 seconds. 
11. Remove from oven and place sweet potato wedges in serving pan sprayed with pan spray. Hold in warmer for hot service.
 - CCP: Hold for hot service at 135°F or higher. 